

# City of Yonkers

Department of Parks, Recreation & Conservation  
285 Nepperhan Avenue | Yonkers, NY 10701



## SPRING/SUMMER 2017

### Community Recreation



[yonkersny.gov](http://yonkersny.gov)  
[register.communitypass.net/yonkers](http://register.communitypass.net/yonkers)





# MISSION STATEMENT

The Department of Parks, Recreation and Conservation operates and maintains, in partnership with the residents and visitors, a recreational system which enriches the quality of life for the present and future generations in a safe, enjoyable and affordable environment.

## **GUIDING PRINCIPLE**

- Committed to serving and providing recreational opportunities to the best of our ability with respect and courtesy
- Encourages team work and mutual support with our employees and volunteers
- Provide stewardship of the City's Park Facilities





Mayor Mike Spano

CITY OF YONKERS

YonkersNY.gov

Dear Resident:

There's something for everyone to do in Yonkers during each season, especially during the spring and summer. With the weather warming up, now is the perfect time to visit one of our more than 70 parks, playgrounds and facilities.

It was a thrill last summer to hear from so many residents about how much fun they had at our Film & Concert Series. We started this in 2015 and it's become one of the highlights of the summer. I'm pleased to announce that it's back for the summer of 2017 and we're providing 16 evenings of family movies and concerts throughout the city at different parks during July and August. The family friendly movies are favorites among children and the concert series features a varied array of musical genres for all to enjoy.

Also, Camp Rays is back due to popular demand! Open to children ages 5 through 14, this 6 week camp runs from July 3 to August 11 and features fun field trips, indoor and outdoor sports, water activities and much more. Registration for Camps Rays, Camp Pride and Pre-K Summer Camp is now open.

Boating season is just around the corner and we've got four-and-a-half miles of beautiful waterfront for you to explore. You can launch boats, jet skis, kayaks and canoes from Yonkers' own JFK Marina. One-day permits range from \$10 to \$30 and annual permits range from \$50 to \$200.

Whether you're having a picnic, attending a ball game or attending one of our many events, let's all safely enjoy another summer in our great City of Yonkers.

To learn more about our programs and facilities, visit us online at [www.yonkersny.gov/parks](http://www.yonkersny.gov/parks). If you ever have a question or concern, please don't hesitate to call my 24-hour helpline at 914-377-HELP (4357) or email our Parks Department directly at [Parks@YonkersNY.gov](mailto:Parks@YonkersNY.gov).

For the latest news and updates, be sure to follow us on Twitter or Facebook.

Sincerely,

**MIKE SPANO**  
Mayor



message from **MAYOR MIKE SPANO**

# Be Part of YONKERS THIS SPRING



## UNTERMYER GARDENS

*Designed by architect Welles Bosworth nearly 100 years ago, this 43-acre public park and gardens in Yonkers is one of the most beautiful destinations in all of Westchester County!*



## JFK MARINA AND PARK

*It's boating season on the Hudson River and you can launch kayaks, canoes and motorized boats from JFK Marina with a daily or seasonal permit. To apply call 914-377-6427 or apply directly online.*



## SUMMER CAMPS

*Yonkers offers three fantastic camps this summer for youth! Camp Rays is a dynamic, 6-week camp that runs at four locations across the City; Camp Pride focuses on developmentally disabled children and Pre-K Summer Camp is offered for ages 3-5.*

## YONKERS UNITY FOUNTAIN

*When you get a chance, be sure to visit our Unity Fountain. This past year Mayor Mike Spano dedicated the Unity Fountain at City Hall which represents all genders, races, ethnic backgrounds and religions coming together and celebrating diversity as the city's greatest strength.*





### CITY COUNCIL

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Corazon Pineda-Isaac, 2nd District  
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Dennis Shepherd, 4th District  
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Almira Simpson  
Animal Control Officer  
Anthony Vezzuto  
Deputy Animal Control Officer

### COYNE PARK RIFLE RANGE

Christopher Rotolo  
Range Officer

## General Information

City of Yonkers Department of Parks, Recreation and Conservation  
285 Nepperhan Avenue, Yonkers NY 10701

Monday - Friday 8:30 am to 4:30 pm, 914-377-6450

**REGISTRATION:** Registration is on a first-come, first-served basis until programs are full. **MAIL-IN REGISTRATION IS NOT ACCEPTED.**

**PAYMENT OPTIONS:** Effective May 1, 2016 a Cashier's Check, Money Order, Visa, MasterCard, and Discover Card will be the only forms of payment accepted. Cash will no longer be accepted.

**ONLINE REGISTRATION:** The best way to maximize your chance of securing a spot in any program is to register online as soon as registration begins. You can make a online payments using Visa, MasterCard or Discover Card.

**WALK-IN REGISTRATION:** Walk-in registration takes place the day after online registration and will take place at 285 Nepperhan Avenue, starting at 9:00 AM. Please note that some classes will be full prior to 9:00 AM. You can make payment using check, money order, MasterCard, Visa or Discover Card.

**AGE REQUIREMENTS:** Age is determined as of the date of the first class unless otherwise specified. An adult class is for ages 18 years and older.

**ABSENCES:** Classes are not made up due to a participant's personal absence. Classes cancelled to inclement weather will be rescheduled. We reserve the right to reschedule classes on an as-needed basis.

**REFUND POLICY:** Full refunds will be issued for any program cancelled by the Department of Parks, Recreation and Conservation (Parks Department). Full refunds will be issued for a medical reason before a program begins when accompanied by a doctor's note. After a program begins, a pro-rated refund will be issued based on the number of sessions attended, when accompanied by a doctor's note. The Parks Department will grant a refund request if received at least ten (10) business days before the program's first session. Refunds for trips will not be granted unless the spot can be filled from the waiting list. Ten dollars (\$10) or ten percent (10%) of the fee, whichever is higher, will be charged for processing refunds that are approved. Please allow several weeks for processing refunds. Bounced checks and credit card charge cancellations will carry a \$35 processing fee.

**INCLEMENT WEATHER:** The best way to receive quick and accurate information about program cancellations is to call the Parks Department Hotline at 377-6454 or listen to WFAS.

**SINCERE APPRECIATION:** We would like to thank the Yonkers Public Schools for the use of their facilities and appreciate the efforts of their staff.

**SPECIALISTS NEEDED:** If you have a special skill and would like to teach a class for the Parks Department, please call 377-6436.

**PROGRAM BEHAVIOR:** Participants are expected to exhibit appropriate behavior at all times. The following rules make programs safe and enjoyable for everyone. Participants shall show respect to all participants and staff. Refrain from using foul language. Refrain from causing bodily harm to other participants and staff. Show respect for equipment, supplies and facilities. The City of Yonkers reserves the right to remove anyone from our programs.





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*The Parks Department is now offering a limited number of scholarships for our Camps, Skating, and Aquatics Programs. For more information, please visit [www.yonkersny.gov/parks](http://www.yonkersny.gov/parks) or call 377-6436.*



## ONLINE REGISTRATION BEGINS



**Residents: Wednesday, April 5 at 7:00 pm**

**Non-residents: Wednesday, April 12 at 7:00 pm**

- Soccer Camp .....April 12
- Pre-K Sports .....April 12
- Pre-K Ballet.....April 19
- Pre-K Summer Camp.....April 19
- Youth Recreation.....April 19
- Adult Recreation .....April 19

**Camp Pride & Project Friendship: Please call 377-6438 for additional information.**

Registration for Senior Citizen Centers and Senior Specialist Classes is on-going and on a walk-in basis.

## AQUATICS SWIM PLACEMENT (Water Testing) & ONLINE REGISTRATION SCHEDULE

**Swim Placement:** Tuesday, May 23, 6:00-8:00 pm / Mark Twain Pool, 160 Woodlawn Avenue

**Online Registration:** Wednesday, May 24, 7:00 pm.

**Swim Placement Requirements:** If your child has not participated in our program, you must bring them to Swim Placement for correct assessment for our swim classes, unless you know they are White/Red (Beginner) in Starfish Swim School, StarBabies, StarTot, and Swim School for Preschool, Teens and Adult swim classes. Please look at class description online for start date.

### Register Online at

<https://register.communitypass.net/yonkers>

### Community Pass Registration Service

Register yourself or your entire family for recreation programs around the clock.

### Requirements

You must pay with a Visa, MasterCard or a Discover Card, and need a valid e-mail address.

### Setting Up An Account

Go to <https://register.communitypass.net/yonkers> Click on: "Create an Account" at bottom of screen and complete the account form.

### To Add More Family Members Click On:

"Update Your Family Information." At the top of the next page click either "Add Another Child" or "Add Another Adult." After you have added your family members, click "Home."

### On Registration Day

- STEP 1.** Go to <https://register.communitypass.net/yonkers> Log in using your username and password. Click on "Register Now." Select a Season or Activity.
- STEP 2.** On the next page update any information for the primary contact and/or click "Continue."
- STEP 3.** On the next page select the "Group" at left. You can view full information about a program by clicking on the name of the program or register immediately by clicking on the "Add to Cart" button.
- STEP 4.** On the "Select Participant" page, click the box next to the person/persons you are registering, and then click "Continue."
- STEP 5.** On the "Registration Forms" page, enter the required information and then click "Continue."
- STEP 6.** If finished, click on the "Continue to Checkout" button and follow the remaining instructions to complete and pay for your registration. If you are not finished, click on "Continue Registering." Confirmation will be sent via e-mail receipt.

### How to Avoid Cancellations

Please register in advance to avoid program cancellations. Certain numbers must be achieved in order for a program to move forward. Every effort will be made to avoid canceling a program, however, if this does occur, an announcement will be made in advance of the first meeting date.



## Permit Division

The Permit Division is responsible for issuing permits for a wide variety of recreational activities. All permits can be obtained by visiting [www.yonkersny.gov/parks](http://www.yonkersny.gov/parks). Click on "Forms & Permits" on the left hand side of the screen.

**INDOOR PERMITS** are required for all Board of Education Facilities and our Community Centers. Board of Education and Indoor Permit applications are available August 1 and due October 2.

For additional information please call 377-6444.

**OUTDOOR PERMITS** are required for events held at all parks facilities. Permits are needed for all tournaments, the turf fields at Fleming and Pelton Fields and the picnic facilities at Redmond Park and the JFK Marina. Fall outdoor applications are available August 1 and due September 1. Spring and Summer outdoor field applications are available on March 1. Spring permit applications are due April 1. Summer permit applications are due on June 1.

For additional information please call 377-6442.

**MOBILE CONCESSIONS PERMITS** are required and obtained through the Parks Department. For additional information on Mobile Concession Permits please call 377-6442.

**LIBRARY SPECIAL EVENT APPLICATIONS** are available year-round. For additional information please call 375-7947 or 377-6436.

**SPECIAL EVENTS PERMIT APPLICATIONS** are required for events held within the City of Yonkers. This includes any event that will preempt normal use of city space by the general public. For additional information please call 377-6427.

**WEDDING CEREMONY/PHOTOS:** A permit is required to take photographs and videos inside beautiful and historic Untermyer Park, located at 945 North Broadway (see photo, top right). Applications are available March to October, Monday - Friday, 9 AM - 4PM. For additional information please call 377-6427.

**COMMERCIAL VIDEO & PHOTO PERMITS** are required for any filming in Yonkers. For additional information please call 377-6059.

**JFK MARINA BOAT LAUNCH PERMITS** are required for all canoe, kayak, jet ski and motorized boat launching and are available from dawn to dusk, seven days per week at JFK Marina in Yonkers. Permits are only available from May to October. For additional information on Special Event, Wedding Photo, and Launch Permits please call 377-6427.

### JFK MARINA - ANNUAL AND DAILY PERMITS

**Now available online**

<https://register.communitypass.net/yonkers>

**Season begins March 2016 till October 2016**

The JFK Marina is located off Warburton Avenue at John F. Kennedy Memorial Drive. Boat launching is available from dawn to dusk, seven days a week for an Annual Fee of \$50 for Canoe/Kayak, \$150 for Jet Ski and \$200 for Motorized Boat. You can obtain an annual permit. Day passes are also available as follows: \$10 for Canoe/Kayak, \$20 for Jet Ski, and \$30 for Motorized Boats or Watercrafts. For additional information call 377-6427.





## Special Recreation Events

### Spring Track Races

Boys & Girls, Ages 4-14

All races will take place at Lincoln High School

Saturday, April 22nd, 8:30 AM – Parks Department Meet

Saturday, April 29th, 8:30 AM – Crown Trophy Meet

Saturday, May 6th, 8:30 AM – P.A.L./Wally Maher Memorial Meet

Sunday, May 7th, 9:00 AM – Julia Marty Memorial Meet

Saturday, May 13th, 8:30 AM – Parks Department Meet

For additional information call 377-6443.

### 2016-2017 Annual Ice Show - Once Upon a Time "Dark to Light"

E.J. Murray Memorial Skating Center • 348 Tuckahoe Road

Friday, April 28, 2017 at 7:00 PM • Saturday, April 29, 2017 at 7:00 PM • Sunday, April 30, 2017 at 3:00 PM

Free Admission & Free Parking

For additional information call 377-6469.

### Yonkers Idol Finale

This is the third and final round of this competition. Come support Yonkers youth talent!

Saturday, May 6 at Lincoln High School Auditorium, 375 Kneeland Avenue

Free Admission • Show starts at 5:30 PM

For additional information call 377-6444.

### Senior Picnic

June 8, 2017, 11:00 AM - 3:00 PM

E. J. Murray's Memorial Skating Center • 348 Tuckahoe Road

Food, Entertainment and Fun – Free Admission & Free Parking

For additional information call 377-6443.

### The Big Summer Chill

Children ages 7-14 can enjoy our adult-supervised Big Summer Chill events.

Free Admission • Yonkers Residents Only

For additional information call 377-6450.

#### Summer Movie

July 12 & 26, 12:00 - 3:00 PM

Museum School 25

579 Warburton Avenue

#### Roller Skating Party

July 20, 10:00 AM - 3:00 PM

Murray's Skating Center

348 Tuckahoe Road

#### Roller Disco Barbecue

Aug. 3 & 4, 10:00 AM - 3:00 PM

Murray's Skating Center

348 Tuckahoe Road



## Spring & Summer Community Events

### Memorial Day Parade & Ceremony

**Ceremony:** Monday, May 29 at 9:00 AM  
War Memorial Monument on South Broadway, in front of City Hall

**Parade:** Tuesday, May 30 at 6:00 PM  
McLean Avenue, from Stillwell Park (opposite St. Barnabas School)  
to the Charles N. Bajart Post, 840 McLean Avenue  
with ceremony at the Bajart Post

### Yonkers Paddling & Rowing presents RiverRiders

Thursdays, June 15 through September 15, 2017 at 4:00 - 7:00 PM (weather permitting)  
Free community paddling, kayaking and stand-up paddle boarding along with some environmental education at JFK Marina and Park

Wednesdays & Fridays, 2:00 - 8:00 PM (weather permitting)  
Trips tours and small class instruction in kayaking and stand-up paddle boarding at JFK Marina and Park  
you must register in advance for trips, tours and instruction

***for more info visit [ypcriverriders.com](http://ypcriverriders.com)***

### Mayor Spano's Summer Film & Concert Series

Wednesday & Thursday Evenings • July & August  
For additional information please call 377-6450.

### Yonkers Parks Family Day

Saturday, July 15 from 1:00 - 5:00 PM  
Multiple Parks Locations

Free Admission • Join us for a fun afternoon filled with family friendly activities, music, and more.

### Untermeyer Performing Arts Council's WorldFest

Saturdays starting at 7:30 pm June 24 through September 2  
at historic Untermeyer Park, 945 North Broadway  
Visit [www.untermeyer.com](http://www.untermeyer.com) for a list of free music and dance events.

***For more information on any of the above events, please call 377-6436.***







Week #5 – July 31 – August 4  
Trip: Splashdown Water Park, Fishkill, NY  
Week #6 – August 7-11  
Trip: Rockin' Jump, Mount Kisco, NY

## Locations

### Yonkers Montessori Academy

160 Woodland Avenue  
Maximum Enrollment: 280

### Robert C. Dodson School

105 Avondale Road  
Maximum Enrollment: 140

### Cross Hill Academy

160 Bolmer Avenue  
Maximum Enrollment: 140

### Montessori School 27

132 Valentine Lane  
Maximum Enrollment: 100

## Camp Information

Each camper will enjoy: Participation in softball, soccer, wiffleball, kickball, basketball, water activities, relay races and games, board games, arts and crafts, music and dance, special events, and weekly trips.

## Age Requirements

For children ages 5-14. Campers must be 6 years of age by December 31, 2017, and entering the 1st grade in September. Campers may NOT be 15 years of age before August 11, 2017. Any campers over 15 years of age that are interested in being Counselors In Training (C.I.T.) please call 377-6444.

## Camp Sessions

Week #1 – July 3-7  
Trip: Saxon Wood Pool, White Plains, NY  
Week #2 – July 10-14  
Trip: Legoland Park, Yonkers, NY  
Week #3 – July 17-21  
Trip: One World Observatory, Manhattan, NY  
Week #4 – July 24-28  
Trip: New York Yankees Game, Bronx, NY

## Days & Times

Monday through Friday  
8:00 am – 5:00 PM  
All campers must be picked up by 5:00 PM  
A late fee of \$30 per 15 minutes will be charged for anyone picked up after 5:00 pm.

## Registration Information

Limited space available on a first-come, first served basis. **On-line registration began on Wednesday, April 5 at 7:00 PM for Yonkers residents. Registration for Non-residents begins on Wednesday, April 12 at 7:00 PM.** Registration continues until each site fills. Mail-in registration is NOT accepted. See page 7 for complete registration information.

## 2017 Camp Rays Weekly Fees

Weekly fee includes weekly trip

### Yonkers Montessori Academy

Yonkers Resident: \$180.00 – Non-Resident: \$205.00

### Robert C. Dodson School and Cross Hill Academy

Yonkers Resident: \$165.00 – Non-Resident: \$190.00

### Montessori School 27

Yonkers Resident: \$150.00 – Non-Resident: \$175.00

Make payments on-line with Visa, Mastercard, or Discover card. **If you register in-person, the only accepted forms of payment will be check, cashiers check or money order.** As of May 1, 2016 cash will no longer be accepted.

**All fees are due in full at time of registration.**

## REFUND POLICY

We will be using the standard Parks Department refund policy that appears on page 5 of this brochure. For information regarding fees or other questions about Camp Rays please call 377-6444.



# 2017 CAMP PRIDE

A group-oriented recreation day camp for developmentally disabled children ages 5 to adult. This camp offers art, sports, tennis, swimming, and trips. Breakfast and lunches are included. **Exception:** Breakfast will not be served on the first day of camp. We do not offer a 1:1 staffing ratio.

**DATES:** **Session 1** - July 3 – July 21 (Camp is not in session on July 4)  
**Session 2** - July 24 – August 11

**TIME:** 9:00 AM – 3:00 PM: Monday through Friday

**LOCATION:** Kahlil Gibran School, 18 Rosedale Road

**FEE:** Yonkers Residents \$200 per 3 week session  
Non-residents & Group Homes \$400 per 3 week session

**NOTE:** Transportation is available for residents only. Group homes are not eligible.

**REQUIREMENTS:** New applicants must be interviewed. Immunization records and an updated physical examination, Individual Evaluation Plan (IEP) and Individual Support Plan (ISP) are required. Campers must also be potty trained. For more information or to schedule an interview please call 377-6438.





# PRE-K SUMMER CAMP

## Paideia School 15

175 Westchester Avenue  
Director: Lucy Celaj

## School 30

30 Nevada Place  
Director: Vickie Spinella

## Boyce Thompson School

*(formerly the Foxfire School)*  
1061 North Broadway  
Director: Kim Giorgianni

Your children will be introduced to a variety of indoor and outdoor recreation and educational learning experiences through activities such as arts and crafts, music, drawing, and story telling. Water play is optional.

**Session 1:** July 3 - 21

**Session 2:** July 24 - August 11

Your child may attend Session 1, Session 2 or both (Attending both entitles you to a discount)

**Days & Time:** Monday - Friday 9:00 am - 12:00 pm

## Fees

**Residents:** \$290 for one session  
\$530 for two sessions

**Non-residents:** \$320 for one session  
\$590 for two sessions

No refunds given once the program begins.

## Camp Requirements

Children must be 3-5 years of age by the camp start date and be toilet trained (no diapers or pull-ups). Parents should prepare youngsters by emphasizing that this camp will be a fun experience, with various indoor and outdoor activities, and the opportunity to make new friends. Parents must be prepared to provide a copy of child's birth certificate if requested to do so.

## Registration Information

Registration is on a first-come, first-served basis. You can register for this popular camp on-line or in person at the Parks Department. Mail-in registration is NOT accepted. For additional information please call 377-6440.



*See registration details on page 7*



# PRE-K RECREATION

## Pre-Ballet for Pre-K

**Instructor:** Elisa Bonneau and Donna Moynihan

An introduction to basic ballet technique while enjoying dance exercises in a cheerful atmosphere. Children learn to move across the floor, line up, share, take turns, and express themselves through movement games. Maximum 10 students per class. **Requirements:** Footwear: Ballet shoes with either leather soles or soles with a leather strip/patch. Attire: Dancewear/form-fitting clothes. Wear leotards and tights only.

**No ballet skirts or costumes. Children should not wear rings, bracelets or necklaces.**

**Dates:** Wednesday classes start on May 3

Friday classes start on May 5

Monday classes start on May 15 and include one Wednesday (May 31) on the schedule

### WEDNESDAYS (with Elisa)

#### Yonkers Montessori Academy

160 Woodlawn Avenue

Ages 3 – 4.5 years: 4:00 - 4:45 pm

Ages 4.5 – 5 years: 4:50 - 5:35 pm

### FRIDAYS (with Elisa)

#### Yonkers Montessori Academy

160 Woodlawn Avenue

Ages 3 – 4.5 years: 5:00 - 5:45 pm

Ages 4.5 – 5 years: 5:45 - 6:30 pm

### MONDAYS (with Donna)

#### School 16

759 North Broadway

Ages 3 – 4.5 years: 4:30 - 5:15 pm

Ages 4.5 – 5 years: 5:30 - 6:15 pm

**Fees:** \$55 for 6 classes. Non-residents \$70.



## REGISTER SOON FOR FALL 2017!

### Little Learners Morning Pre-K

Children 3 and 4 years of age are introduced to a variety of recreational and educational learning experiences through activities such as arts and crafts, music, drawing and story-telling. Activities are designed to develop and enhance the basic principles of sharing, communication, and social interaction. Requirement: Children must be toilet trained (no diapers or pull-ups).

**SAVE THE DATE:** Online registration begins on Wednesday, July 19th at 8:00 PM. To register, please visit: [register.communitypass.net/yonkers](http://register.communitypass.net/yonkers)

**Call 377-6440 for information about fees, locations, and registration.**

*See registration details on page 7*





# PRE-K RECREATION

## Total Sports Squirts

Experience a new sport each week. Participants have the opportunity to try Lacrosse, Soccer, Basketball, T-Ball, Hockey, Flag Football, and Parachute games in a safe, structured environment. Everyone receives a certificate.

### Spring Schedule

**Ages:** 3 - 5 years

**Dates:** 6 Saturdays, starting April 29

**Time:** 1:45 - 2:45 PM

*(No classes Memorial Day weekend)*

or

**Dates:** 6 Sundays, starting April 30

**Time:** 1:45 - 2:45 PM

*(No classes Memorial Day weekend)*

*(Each day requires a separate registration fee)*

**Fee:** \$99

**Location:** Kardash Park

Bretton Road, off Odell Avenue

## Soccer Squirts

Soccer Squirts introduces boys and girls to the "Beautiful Game." Children learn the fundamental skills of soccer through a program of structured activities, fun games, and scrimmages. Everyone receives a certificate.

### Spring Schedule

**Ages:** 3 - 5 years

**Dates:** 6 Saturdays, starting April 29

**Time:** 3:00 - 4:00 PM

*(No class Memorial Day weekend)*

or

**Dates:** 6 Sundays, starting April 30

**Time:** 3:00 - 4:00 PM

*(No class Memorial Day weekend)*

*(Each day requires a separate registration fee)*

**Fee:** \$99

**Location:** Kardash Park

Bretton Road, off Odell Avenue

## One Day Weekly Summer Programs

**Ages:** 3 - 5 years

**Dates:** 6 Mondays, starting June 26

**Time:** 3:30 - 4:30 PM

**Fee:** \$99

**Location:** Scotti Park

Opposite 727 Bronx River Road

## One Day Weekly Summer Programs

**Ages:** 3-5 years

**Dates:** 6 Wednesdays, starting June 28

**Time:** 3:30 - 4:30 PM, 4:45 - 5:45 PM

or 6:00 - 7:00 PM

*(Each time slot requires a separate registration fee)*

**Fee:** \$99

**Location:** Scotti Park, opposite 727 Bronx River Rd.

## One Week Summer Camps

**Ages:** 3-5 years

**Dates:** August 7 - 11

**Time:** 4:30 - 5:30 PM

**Fee:** \$79

**Location:** Welty Park

Barton Road, off Mile Square Road

## One Week Summer Camps

**Ages:** 3-5 years

**Dates:** July 24 - 28

**Times:** 4:30 - 5:30 PM or 5:30 - 6:30 PM

*(Each time slot requires a separate registration fee)*

**Fee:** \$79

**Location:** Redmond Field, opposite 140 Cook Ave.

**Register NOW for all USSI programs**

**For more information and to register visit [www.USSportsinstitute.com](http://www.USSportsinstitute.com) or call 732-563-2520**



# PRE-K RECREATION

## T-Ball Squirts and Senior Squirts

A great way to introduce young sluggers to our "National Pastime." Players will develop their skills in hitting, throwing and fielding through fun games and activities. A scrimmage ends each session. Everyone receives a certificate.

**Ages:** 3-5 years

**Dates:** 6 Saturdays, starting April 29

**Time:** 4:15 - 5:15 PM

Or

**Dates:** 6 Sundays, starting April 30

**Time:** 4:15 - 5:15 PM

*(No classes Memorial Day weekend)*

*(Each day requires a separate registration fee)*

**Fee:** \$99

**Location:** Kardash Park

Bretton Road, off Odell Avenue

## One Day Weekly Summer Program

**Ages:** 3-4 years

**Dates:** 6 Mondays, starting June 26

**Time:** 4:45 - 5:45 PM or 6:00 - 7:00 PM

*(Each time slot requires a separate registration fee)*

**Ages:** 5-6 years

**Time:** 6:00 - 7:00 PM

**Fee:** \$99

**Location:** Scotti Park

opposite 727 Bronx River Road

## Golf Squirts

Using the SNAG system (Starting New at Golf), children use oversized, lightweight clubs that encourage a correct grip and swing. The first golf club in the USA was established in 1888 in Yonkers! Let's add to this rich tradition. Everyone receives a certificate.

**Ages:** 4-5

**Dates:** July 10-14

**Time:** 10:45 - 11:45 AM

**Fee:** \$79

**Location:** Lincoln High School athletic field  
Kneeland Avenue at Borchers Avenue

## Tennis Squirts

A fun-filled learning adventure that follows guidelines set by the US Tennis Association. Children learn the fundamental skills and tennis strokes in a low pressure, fun environment. Everyone receives a certificate.

**Ages:** 3-5 years

**Dates:** July 17-21

**Times:** Ages 3-4, 9:15 - 10:15 AM

Ages 4-5, 10:15 - 11:15 AM

**Fee:** \$79

**Location:** Lincoln High School tennis courts  
Kneeland Avenue at Borchers Avenue



**Register NOW for all USSI programs**

**For more information and to register visit [www.USSportsinstitute.com](http://www.USSportsinstitute.com) or call 732-563-2520**





# PRE-K RECREATION

**NEW**

## Parent & Me T-Ball

Mom or Dad lend a helping hand as children experience hitting, fielding, and throwing. All children receive a certificate.

**Ages:** 2-3 years

**Dates:** 6 Sundays starting April 30  
(No class Memorial Day weekend)

**Time:** 4:15 – 5:15 PM

**Fee:** \$99

**Location:** Kardash Park  
Bretton Road, off Odell Avenue

## Parent & Me Total Sports Squirts

Children will try soccer, lacrosse, basketball, T-Ball, hockey, and flag football, all with a helping hand from Mom or Dad. All children receive a certificate.

### Spring Schedule

**Ages:** 2-3 years

**Dates:** 6 Sundays starting April 30  
(No class Memorial Day weekend)

**Time:** 1:45 - 2:45 PM

**Fee:** \$99

**Location:** Kardash Park  
Bretton Road, off Odell Avenue

### Summer Schedule

**Ages:** 2-3 years

**Dates:** 6 Mondays, starting June 26

**Time:** 3:30 - 4:30 PM

**Fee:** \$99

**Location:** Scotti Park  
Opposite 727 Bronx River Road

## Parent & Me Soccer Squirts

With a parent by their side, children will have fun learning fundamental skills: dribbling, shooting and passing. All children receive a certificate.

**Ages:** 2-3 years

**Dates:** 6 Saturdays, starting April 29

**Time:** 4:15 - 5:15 PM **OR**

**Dates:** 6 Sundays, starting April 30

**Time:** 3:00 - 4:00 PM

(No classes Memorial Day weekend)

(Each day requires a separate registration fee)

**Fee:** \$99

**Location:** Kardash Park  
Bretton Road, off Odell Avenue

## One Day Weekly Summer Programs

**Ages:** 2-3 year

**Dates:** 6 Wednesdays, starting June 28

**Time:** 3:30 - 4:30 PM

**Fee:** \$99

**Location:** Scotti Park  
Opposite 727 Bronx River Road



**Register NOW for all USSI programs**

**For more information and to register visit [www.USSportsinstitute.com](http://www.USSportsinstitute.com) or call 732-563-2520**



# YOUTH RECREATION

## Spring Ballet-Level 1

**Instructor:** Elisa Bonneau

Vaganova (Russian) technique. Learn basic ballet technique, music appreciation and vocabulary while building self-esteem.

**Requirements:** Pink ballet shoes with either leather soles or soles with a leather strip/patch. Attire: Girls wear black long or short-sleeve leotard, pink footed tights. No ballet skirts. Children should not wear rings, bracelets or necklaces. Hair must be pulled back in a ballet bun.

**Ages:** 6 - 9 years, with or without experience

**Dates:** Fridays, starting May 5

**Time:** 4:00 - 5:00 PM

**Location:** Yonkers Montessori Academy  
160 Woodlawn Avenue

**Fee:** \$55 for 6 classes. Non-residents: \$70

## Dance Camp

**Instructor:** Silvana Larkin

Campers sample different styles including jazz and hip hop to age appropriate music. They will play dance games, learn choreography, and work towards a final group performance on our last day. Each class is limited to 12 students, with or without experience.

**Requirements:** Loose clothing/movement clothes (please, no jeans) and jazz shoes, available at any attire store. Barefoot permitted. Bring a water bottle.

**Ages:** 6 - 12 years, boys and girls

**Dates:** August 7 - 11 and August 14 - 18

**Times:** Ages 6 - 8 1:00 – 2:30 pm  
Ages 9 -12 2:45 – 4:15 pm

**Fee:** \$100 for two weeks  
Non-residents: \$115

**Location:** Nodine Hill Community Center  
140 Fillmore Street  
Inside Fleming Field parking lot



## American Red Cross Certified Baby-Sitting Training

**Instructor:** Tabitha Alston

The American Red Cross and Yonkers Department of Parks recognize the importance of being trained to supervise children. Skills such as handling emergencies, giving basic first aid, and caring for children will be discussed. A "Course Completion Card" is issued to those who pass the Course. All students receive a baby-sitter's handbook, CD, and Emergency Reference Guide. A bagged lunch is permitted. Requirements: Students MUST pre-register according to the schedule below. Bring a baby doll. Parents: Please arrive at 8:45 am so the class can start on time.

**Ages:** 11-15

**Date:** June 3 - You must register by May 23

**Times:** 9:00 AM - 4:30 PM

**Location:** Nodine Hill Community Center  
140 Fillmore Street  
Inside the Fleming Field parking lot.

**Fee:** \$47 for everyone

**Supply Fee:** \$27 for Red Cross supplies noted above.  
Cash only, to instructor at class.

*See registration details on page 7*

# YOUTH RECREATION

## Golf Camp

Using the SNAG system (Starting New at Golf), children use modified clubs that encourage correct chipping, putting, and driving. They also learn about golf sportsmanship. The first golf club in the USA was established in 1888 in Yonkers! Let's add to this rich tradition. Everyone receives a T-shirt and certificate.

**Ages:** 6-11

**Dates:** July 10-14

**Times:** Ages 6-8, 9:15 - 10:45 AM  
Ages 8-11, 10:45 AM - 12:15 PM

**Fee:** \$109

**Location:** Lincoln High School athletic field  
Kneeland Avenue at Borchers Avenue

## Volleyball Camp

Beginners and intermediates receive instruction in all fundamentals: Digging, setting, serving, team play, court movement, and defense. All campers receive a T-Shirt and certificate.

**Ages:** 7-10 and 11-14 years

**Dates:** July 17-21

**Time:** 5:00 - 6:30 PM

**Fee:** \$89

**Location:** Lincoln High School athletic field  
Kneeland Avenue at Borchers Avenue

## Unique Multi-Sports Camp

Experience more than 15 different sports from around the world including soccer, basketball, baseball, lacrosse, cricket, hockey, flag football, handball, rugby and more. Campers play up to four sports each day in an atmosphere that promotes good sportsmanship, teamwork and fun. A unique camp truly dedicated to children of all skill levels.

**Ages:** 5-12

**Dates:** August 7 - 11 and/or Aug 14 - 18

**Times**

**& Fee:** 9:00 AM - 12:30 PM – \$135

9:00 AM - 4:00 PM – \$179

1:00 PM - 4:00 PM – \$110

**NEW 8:00 am early drop-off: additional \$25**

*(Each week has a separate registration fee)*

**Location:** Welty Park

Barton Road, off Mile Square Road



**Register NOW for all USSI programs**

**For more information and to register visit [www.USSportsinstitute.com](http://www.USSportsinstitute.com) or call 732-563-2520**





# YOUTH RECREATION

## Future Stars Basketball Camp

**Instructor:** John Volpe

Campers will learn and develop the fundamental skills of offensive and defensive play. Proper methods will be stressed and combined to improve their overall game.

**Requirements:** Sneakers and shorts. Bring a water bottle and a light snack.

**Ages:** 8 -15 years

**Dates:** Monday - Friday

Session I - July 3 - 14

Session II - July 17 - 28

Session III - July 31 - Aug 11

**Time:** 9:00 AM to 12:00 PM

**Fee:** Any 1 Session \$200; Non-residents: \$225

Any 2 Sessions \$370; Non-residents: \$420

All 3 Sessions \$520; Non-residents: \$595

**Location:** Lincoln High School - gymnasium  
Kneeland Avenue at Borchers Avenue

## Tennis Camp

**Instructor:** Cliff Hackford

Youngsters will develop the fundamental skills needed to play tennis. There will be a chance to develop skills through competition in both singles and doubles play. We've added ages 14 and 15!

**Requirements:** Tennis racquet and sneakers. Bring a water bottle and a light snack.

**Ages:** 6 - 15 years

**Dates:** Monday - Friday

**Time:** 9:00 am to 12:00 pm

Session I July 3 – July 14

Session II July 17 – July 28

Session III July 31 – Aug 11

**Fee:** Any 1 Session \$200; Non-residents: \$225

Any 2 Sessions \$370; Non-residents: \$420

All 3 Sessions \$520; Non-residents: \$595

**Location:** Kinsley Park, Park Avenue

**Rain Site:** Cross Hill Academy - gymnasium



## Red Bulls Soccer Camp

This soccer camp is designed for players of all abilities and skill levels. Campers receive an Adidas Red Bulls soccer ball, Adidas Red Bulls T-Shirt, signed Certificate of Achievement, and a complimentary ticket to a Red Bulls home game.

**Requirements:** Shin guards and a water bottle.

**Ages:** 6 - 14 years

**Dates & Times:**

Week 1 June 26 – June 30 9:00 AM – 1:00 PM

Week 2 July 10 – July 14 9:00 AM – 1:00 PM

Week 3 July 17 – July 21 9:00 AM – 1:00 PM

Week 4 July 24 – July 28 9:00 AM – 1:00 PM

Week 5 July 31 – Aug 4 9:00 AM – 1:00 PM

**Fee:** Any 1 week \$170

Any 2 weeks \$260

Any 3 weeks \$350

Any 4 weeks \$440

All 5 weeks \$530

**Location:** Fleming Field soccer complex  
Fillmore Street, off Prescott Street

**How to Register:** Register NOW online at [www.redbullsacademy.com](http://www.redbullsacademy.com).

**Questions about registration?**

Call 888-370-7287

or email [training@newyorkredbulls.com](mailto:training@newyorkredbulls.com)

**Late Registration:** A \$20 late registration fee will take effect when a registration is received fourteen or fewer days before the start date.

*See registration details on page 7*



# ADULT RECREATION

## Tennis

**Instructor:** Cliff Hackford

Beginners will learn forehand and backhand, strokes, serving, volleying, rules, and tennis etiquette. Intermediates learn court strategies and ground strokes. **Requirements:** Wear sneakers and bring a tennis racquet.

### SPRING - BEGINNER

6 Wednesdays, starting May 10, 7:15 - 8:30 pm  
Cross Hill Academy  
Use rear entrance driveway, off western end of Odell Avenue

**FEE:** \$60 for 6 classes. Non-residents: \$75

### SPRING - INTERMEDIATE

6 Wednesdays, starting May 10, 8:30 - 9:45 pm  
Cross Hill Academy  
Use rear entrance driveway, off western end of Odell Avenue

**FEE:** \$60 for 6 classes. Non-residents: \$75

## Total Body Sculpting Circuit Workout

**Instructor:** Kimberly Caso

This class is designed to burn away the fat, sculpt muscles, and tone those stubborn areas. Get motivated, get tough, and get strong with this total body sculpting circuit training, great for all fitness levels. Requirements: Please bring a mat, water, and a towel. Weights are recommended, but not required.

### SPRING

6 Thursdays, starting May 11, 8:00 - 9:00 PM  
Cola Center, 945 North Broadway  
Inside entrance to Untermeyer Park

**FEE:** \$60 for 6 classes. Non-residents: \$75

### SUMMER

6 Thursdays, starting June 30, 8:00 - 9:00 PM  
Cola Center, 945 North Broadway  
Inside entrance to Untermeyer Park

**FEE:** \$60 for 6 classes. Non-residents: \$75

## Yoga 1/2

**Instructor:** Violaine Herlitz

Yoga practices that coordinate breath and movement into a series of poses followed by soothing deep relaxation. Focuses on proper body alignment, and stretches and strengthens the entire body for all fitness levels.

**Requirements:** mat, blankets and pillows as needed for support and comfort.

### SPRING

5 Mondays, starting May 15, 6:45 - 8:00 PM  
(No class May 29 - Make-up Wednesday, May 31)  
Coyne Park Community Center, 777 McLean Avenue

**FEE:** \$60 for 6 classes. Non-residents: \$75

*See registration details on page 7*



# ADULT RECREATION

## Morning W.O.N.D.E.R. with a touch of Zumba® Gold

**Instructor:** Diane Capurso

Women of New Dance Energy & Rhythm class wakes you up by bringing exercise into your morning through dance. A fun class with easy-to-follow steps and invigorating music, and with a touch of Zumba Gold, you'll have a blast while feeling fit fast!

**Requirements:** Bring a volleyball-size ball, mat or towel, and 1-5 lb weights.

### SUMMER

5 Fridays, starting July 7, 9:15 - 10:15 AM  
Cola Center, 945 North Broadway  
Inside entrance to beautiful Untermyer Park  
**FEE:** \$52 for 5 classes. Non-residents: \$67

## Dance Exercise with a touch of Zumba® Toning

**Instructor:** Diane Capurso

This class will have you movin' and groovin' to various styles of dance and even incorporates light body boxing and weight control using aerobic exercise and creative dance movements. With a touch of Zumba Toning you'll have a blast working your muscles while your body hustles!

**Requirements:** Bring a mat or towel and 1-5 lb weights or toning sticks.

### SUMMER

5 Wednesdays, starting July 12, 5:45 - 7:00 PM  
Cola Center, 945 North Broadway  
Inside entrance to Untermyer Park  
**FEE:** \$52 for 5 classes. Non-residents: \$67

## Dance Exercise with a touch of Zumba® Fitness

**Instructor:** Diane Capurso

This is dance fitness with lots of fun. Some light kick boxing, line dancing, and weights will be used. Also infused into this cardio dance combo is the Latin/International rhythms and dance steps of Zumba.

**Requirements:** Bring a light volleyball size ball, mat or towel, and 1-5 lb weights.

### SUMMER

5 Wednesdays, starting July 12, 7:15 - 8:35 PM  
Cola Center, 945 North Broadway  
Inside entrance to Untermyer Park  
**FEE:** \$52 for 5 classes. Non-residents: \$67

## Slimmersize with a touch of Zumba® Fitness

**Instructor:** Lydia M. Otero

A half hour of Zumba and a half hour of toning exercises that use resistance tubing and weights. Come join this combination of fitness and get to your "slimmer size!" **Requirements:** Please bring 2-5lb weights and a mat or towel.

### SPRING

6 Thursdays, starting May 11, 6:30 - 7:30 PM  
Coyne Park Community Center, 777 McLean Avenue  
**FEE:** \$60 for 6 classes. Non-residents: \$75

### SUMMER

5 Thursdays, starting July 13, 6:30 - 7:30 PM  
Coyne Park Community Center, 777 McLean Avenue  
**FEE:** \$52 for 5 classes. Non-residents: \$67

*See registration details on page 7*





# ADULT RECREATION

NEW

## BOLLY X

### Zumba® Fitness

**Instructor: Angela Alvarez Hultberg**

A total body workout combining low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party. Wear light, comfortable clothing and sneakers with smooth soles or shoes with good support.

**Requirements:** Bring water and a towel.

#### SPRING

5 Mondays, starting May 15, 6:45 - 7:45 PM  
(No Class May 29, Make-up Wednesday, May 31)  
Yonkers Montessori Academy, 160 Woodlawn Ave.

**FEE:** \$60 for 6 classes. Non-residents: \$75

#### SUMMER

6 Mondays starting July 10, 6:45 - 7:45 PM  
Nodine Hill Community Center, 140 Fillmore Street

**FEE:** \$60 for 6 classes. Non-residents: \$75

**(Please Note: May 22 & June 5 class will take place in the Montessori 11 gymnasium.)**

**Instructor: Jasmin Jacob**

Unleash your inner rockstar. Experience a Bollywood inspired dance fitness program that combines exhilarating choreography and calorie burning workouts with upbeat music from around the world. All levels welcome.

#### SPRING

6 Wednesdays starting on June 1  
7:00 - 8:00 PM

Yonkers Montessori Academy - Auditorium  
160 Woodlawn Avenue

**FEE:** \$60 for Residents, \$75 for Non Residents

#### SUMMER

6 Wednesdays starting on July 5  
7:00 - 8:00 PM

Coyne Park Community Center, 777 McLean Avenue

**FEE:** \$60 for Residents, \$75 for Non Residents



# AQUATICS

The Mark Twain Pool and the Yonkers Department of Parks, Recreation and Conservation are an approved Training Center for the Starfish Aquatics Institute and an Authorized Provider for StarGuard™ and StarFish Swimming™. Starfish Swimming is a nationally recognized swim instruction curriculum developed by the Starfish Aquatics Institute (SAI). Learn more about SAI at [www.starfishaquatics.org](http://www.starfishaquatics.org).

The Starfish Swimming curriculum is designed for student's age's 6 months to adult. Benchmarks are established at each stage in the program that combines both swimming and safety skills. Students participate in experiential learning activities that allow them to explore the water in a creative and comfortable environment. Correct swimming techniques are taught from the very beginning, providing an easy transition to swim team. Inside this guide, you will find the curriculum used in the StarBabies™/ StarTots™ (ages 6 months to 36 months), Starfish Swim School® (ages 3 and up), and Starfish Stroke School™ programs. Our swim instructors will communicate your child's progression through the curriculum on a regular basis.

## StarBabies™ and StarTots™

The purpose of this course is to foster in very young children a high comfort level in the water while at the same time training parents and caregivers in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence-building, fun, and loving experience.

### STAGE WHITE: Trust and Comfort

**Safety Skill:** Understand constant and dedicated surveillance.

**Swim Skill:** Parent and child are relaxed and confident, and enjoy being in the water together.

### STAGE RED: Body Positions

**Safety Skill:** Fit and properly put a lifejacket on the child.

**Swim Skill:** Perform a relaxed front, back, vertical, and side position for at least 5 seconds each.

## What role do I play in my child's swimming development?

As a parent or caregiver, you play a vital role in your child's swimming development. You have already taken the first step, by registering your child for swim lessons. The bathtub is a great place to start practicing! Bubbles, breath holding, looking underwater, floating, and kicking can all take place in the bathtub! A few trips to the pool between swim lessons are nice too! You shouldn't feel the need to push children to do everything they are doing in swim lessons. Just give them the opportunity to get wet, splash around, and explore the water on their own terms.

**BUT REMEMBER:** *Supervision is a must! While swimming lessons are one layer of protection, nothing beats supervision. Keep your eyes on your child whenever you are in, on, or near the water.*

*The Starfish Swimming logo, Starfish Swimming word mark, and Starfish Swim School word mark are registered trademarks of SAI. The StarBabies, StarTots, and Starfish Stroke School word marks are trademarks of SAI.*

## STAGE YELLOW: Submersion

**Safety Skill:** Use flotation to help someone in the water and know how to call 911.

**Swim Skill:** Enter from the wall, submerge, turn around, grab on to the wall, and pull up (assisted).

## STAGE BLUE: Air Recovery and Rollover

**Safety Skill:** Identify six methods of preventing recreational water illness.

**Swim Skill:** Enter from the wall, submerge, come to surface unassisted and get a breath in vertical or horizontal (on back) position.

## STAGE GREEN: Forward Movement

**Safety Skill:** Know about infant and child CPR.

**Swim Skill:** Move through the water independently 10 feet, with or without flotation.



# AQUATICS

## Starfish Swim School®

Students work toward development of the five core swimming competencies and receive color stage awards for each achievement. The color stages are used to divide students into broad ability groups. Children progress at individual rates with the opportunity to learn the core swimming skills and progress to advanced strokes. Learning is self-paced but challenging.

### STAGE WHITE: Trust and Submersion

**Safety Skill:** Always ask permission before getting in the water.

**Swim Skill:** Assisted submersion, relaxed, 5 seconds and then come up to breathe.

### STAGE RED: Body Position and Air Recovery

**Safety Skill:** Put on a lifejacket, float on back, kick 20 feet.

**Swim Skill:** Jump in, submerge, recover for air, roll on back for 5 seconds in swimwear and in regular clothes.

### STAGE YELLOW: Submersion

**Safety Skill:** Reach or Throw (Don't Go) and know how to call 911.

**Swim Skill:** Jump in, submerge; recover for air, forward movement 10 feet, change direction, and return to wall in swimwear and in regular clothes.

### STAGE BLUE: Body Rotation

**Safety Skill:** Tread water 15 seconds.

**Swim Skill:** Jump in, submerge, recover to side glide position and kick 10 feet.

### STAGE GREEN: Integrated Movement

**Safety Skill:** Survival float and tread water for 30 seconds.

**Swim Skill:** Start in side glide, swim freestyle 30 feet with 1-2-3 breathe pattern.

## Starfish Stroke School™

Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke, and more!

### STAGE WHITE: Freestyle, Introduction to Backstroke

**Safety Skill:** Always ask permission before getting in the water.

**Swim Skill:** Swim freestyle 30 feet with body stretched out and consistent form; swim 30 feet of triple-switch backstroke.

### STAGE RED: Backstroke, Introduction to Butterfly

**Safety Skill:** Put on a lifejacket while in the water, kick 30 feet.

**Swim Skill:** Swim 30 feet backstroke with straight arm recovery, body roll, good arm and body extension; perform arm down pulsing for 15 feet.

### STAGE YELLOW: Butterfly

**Safety Skill:** Scenario assist and know when and how to call 911.

**Swim Skill:** Swim 4 strokes butterfly with only one breath, then remainder of pool freestyle.

### STAGE BLUE: Breaststroke

**Safety Skill:** Discuss the Starfish safety concepts.

**Swim Skill:** Swim 30 feet breaststroke with good timing and extension.

### STAGE GREEN: Endurance

**Safety Skill:** Tread water or survival float for 2 minutes.

**Swim Skill:** Swim freestyle 50 yards; swim backstroke 50 yards; swim 25 yards butterfly; swim 50 yards breaststroke; perform freestyle and backstroke flip turns and butterfly and breaststroke open turns.





# AQUATICS

The Mark Twain Pool/Yonkers Avenue Pool is an approved Training Center for Starfish Aquatics™ Institute and an authorized provider for Starguard™ & Starfish Swimming™

**SWIM PLACEMENT REQUIREMENTS:** If your child has not participated in our program, you must bring them to Swim Placement for correct assessment for our swim classes, unless you know they are White/Red (Beginner) in Starfish Swim School, StarBabies, StarTot, and Swim School for Preschool, Teens and Adult swim classes. Please look at class description online for start date.

**SWIM PLACEMENT: Tuesday, May 23, 6:00 - 8:00 PM,** Mark Twain Pool, 160 Woodlawn Avenue.

**ONLINE REGISTRATION: Wednesday, May 24, 7:00 PM.**

Classes meet twice a week for 4 weeks. Starfish Swim School® for Youth (Ages 5 – 12) Students work toward development of the five core swimming competencies using age-appropriate learning activities. Learning is selfpaced but challenging. Stages are as follows: White, Red, Yellow, Blue, Green. **Fee:** \$109 Non-residents \$134.

**All participants MUST PASS EACH COLOR LEVEL before moving on to next level.**

CORE SKILL ACHIEVEMENT STAGES					SPECIALTY COURSES	
White	Red	Yellow	Blue	Green	Stroke School	Starfish Swim Clinic
If the student is afraid of water, can't swim at all and will not get face wet... <b>SIGN UP FOR WHITE GROUP</b>	If the student can't swim without support but loves the water, will get face wet and will jump in <b>SIGN UP FOR RED GROUP</b>	If the student is not afraid, can float on front and back and can jump in and return to surface <b>SIGN UP FOR YELLOW GROUP</b>	If the student can swim underwater or on the surface, and can get an occasional breath <b>SIGN UP FOR BLUE GROUP</b>	If the student can tread water for at least 15 seconds, and can swim freestyle with rotary (side) breathing <b>SIGN UP FOR GREEN GROUP</b>	If the student has achieved a GREEN Starfish Swim School Award Patch and needs to learn or refine backstroke, breaststroke, butterfly <b>SIGN UP FOR STROKE SCHOOL</b>	If the student can swim 25 yards freestyle with side breathing, needs to build endurance and wants to learn turns, starts, and swim team training techniques <b>SIGN UP FOR STARFISH SWIM CLINIC</b>

## WHITE/RED

Mark Twain Pool

**Monday/Thursday**

6:05 - 6:35 PM

6:35 - 7:05 PM

**Tuesday/Friday**

6:05 - 6:35 PM

**Wednesday/Saturday**

Wed. - 6:35 - 7:05 PM

Sat. - 9:15 - 9:45 AM

## YELLOW

Mark Twain Pool

**Monday/Thursday**

6:05 - 6:35 PM

**Tuesday/Friday**

6:35 - 7:05 PM

**Wednesday/Saturday**

Wed. - 7:05 - 7:35 PM

Sat. - 9:45 - 10:15 AM

## BLUE

Mark Twain Pool

**Monday/Thursday**

7:05 - 7:50 PM

**Tuesday/Friday**

7:05 - 7:50 PM

**Wednesday/Saturday**

Wed. - 7:05 - 7:50 PM

Sat. - 10:15 - 11:00 AM

## GREEN

Mark Twain Pool

**Monday/Thursday**

7:05 - 7:50 PM

**Tuesday/Friday**

7:05 - 7:50 PM

**Wednesday/Saturday**

Wed. - 7:05 - 7:50 PM

Sat. - 10:15 - 11:00 AM



# AQUATICS

## StarBabies™

(Adult & Infant ages 6 months - 18 months)

**Days:** 4 Saturdays ONLY, starting June 3

**Time:** 11:00 -11:30 am

**Location:** Mark Twain Pool  
160 Woodlawn Avenue

**Fee:** \$49.50 Non-residents: \$74.50

## StarTots™

(Adult and Toddler ages 18 months - 48 months)

The purpose of the StarBabies and StarTots course is to develop in very young children a high comfort level in the water while at the same time training the adults who accompany them in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence-building, fun, and loving experience. One adult must be in the water with each child. Swim Diapers required.

**Days:** 4 Wednesdays, starting May 31 and  
4 Saturdays, starting June 3

**Time:** Wednesday 6:05 - 6:35 PM  
Saturday 11:30 AM - 12:00 PM

**Location:** Mark Twain Pool  
160 Woodlawn Avenue

**Fee:** \$99 Non-residents: \$124

## Starfish Swim School® for Preschoolers

(Ages 3 and 4)

Designed to meet the needs of children ages 3 and 4, this course will develop a high comfort level in the water and a readiness to swim and for those children who are developmentally ready, it will teach functional swim skills.

This teaches swimming through creative, fun activities in the water. Students work toward developing the five competencies and progress toward achieving the benchmarks at their own pace in a small-group setting.

**Days:** 4 Thursdays, starting June 1 and  
4 Mondays, starting June 5

4 Tuesdays, starting May 30 and  
4 Fridays, starting June 2

4 Wednesdays, starting May 31 and  
4 Saturdays, starting June 3

**Times:** Mon./Thurs. 6:05 - 6:35 PM

Tues./Fri. 6:05 - 6:35 PM

Wednesday 6:05 - 6:35 PM

Saturday 9:45 - 10:15 AM

**Location:** Mark Twain Pool  
160 Woodlawn Avenue

**Fee:** \$109 Non-residents: \$124

## Learn To Swim for the Developmentally Disabled

Enjoy a half hour of interactive swim with low staff to participant ratio. This program is designed for the developmentally disabled population. If a child needs a one on one ratio, parent MUST accompany child in water.

**Ages:** 5 - 16 years old

**Dates:** 4 Saturdays, starting June 3

**Time:** 12:00 - 12:30 pm

**Location:** Mark Twain Pool  
160 Woodlawn Avenue

**Fee:** \$54 Non-residents: \$79



# AQUATICS

## Starfish Stroke School®

This course is for students of all ages who have achieved the Green Stroke School benchmarks. Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke, and develop endurance.

**Stages are as follows:** White, Red, Yellow, Blue, Green. Please look at class description on registration website for start date.

**All participants MUST PASS EACH COLOR LEVEL before moving on to the next level.**

<b>White (Freestyle)</b> <b>Must pass ALL swim school benchmarks in order to register</b> <b>Monday/Thursday</b> 6:15 - 7:00 PM <b>Tuesday/Friday</b> 6:15 - 7:00 PM <b>Wednesday/Saturday</b> 7:05 - 7:50 PM 9:15 - 10:00 AM <b>Red (Backstroke)</b> <b>Monday/Thursday</b> 7:05 - 7:50 PM <b>Tuesday/Friday</b> 7:05 - 7:50 PM <b>Wednesday/Saturday</b> 7:05 - 7:50 PM 9:15 - 10:00 AM	<b>Yellow (Butterfly)</b> <b>Blue (Breaststroke)</b> <b>Green (Endurance)</b> <b>Must pass W/R/Y/B stroke benchmarks in order to register</b> <b>Monday/Thursday</b> 7:05 - 7:50 PM <b>Tuesday/Friday</b> 7:05 - 7:50 PM <b>Wednesday/Saturday</b> 7:05 - 7:50 PM 10:15 - 11:00 AM
SPECIALTY COURSES	
Stroke School	Starfish Swim Clinic
If the student has achieved a GREEN Starfish Swim School Award Patch and needs to learn or refine backstroke, breaststroke, butterfly <b>SIGN UP FOR STROKE SCHOOL</b>	If the student can swim 25 yards freestyle with side breathing, needs to build endurance and wants to learn turns, starts, and swim team training techniques <b>SIGN UP FOR STARFISH SWIM CLINIC</b>

## Starfish Swim Clinic™

This course is for students of all ages who have achieved the green Stroke School benchmarks. Students learn and refine the competitive strokes plus develop an understanding of basic training principles such as using a pace clock, starts and turns, and racing. This program is a great introduction to competitive swimming in a low-key environment.

**Days:** 4 Tuesdays and 4 Fridays starting May 30

**Time:** 7:05 - 7:50 PM

**Location:** Mark Twain Pool  
160 Woodlawn Avenue

**Fee:** \$109 Non-residents: \$134

## Aquastrength® Total Body Workout

The Aquastrength® Total Body Workout Program has been designed to take your overall fitness to the next level! Incorporated in the workout are the Aquastrength® Barbell and Lower Body Fins. The workout consists of a dynamic flexibility warm up, strength & stability component which targets your total body before finishing off with a dynamic flexibility cool-down. The exercises in this program are very challenging and will completely work your overall stability, balance, coordination and movement patterns. Amazing workout!

For more information visit [www.aquastrength.com](http://www.aquastrength.com).

**Dates:** 4 Wednesdays & 4 Saturdays, starting May 30

**Time:** Wednesdays 8:00 - 8:45 PM  
Saturdays 10:15 - 11:00 AM

**Location:** Mark Twain Pool  
160 Woodlawn Avenue

**Fee:** \$109 Non-residents: \$134





# AQUATICS

## Recreation Open Swim

Open recreation swim. All parents must accompany children in water.

**Dates:** 4 Fridays, starting June 2

**Time:** 7:50 - 9:45 PM

**Location:** Mark Twain Pool  
160 Woodlawn Avenue

**Fee:** Adult \$25 Child \$15  
Non-residents: Adult \$50 Child \$40

## Evening Lap Swim

Work out or leisure swim at your own pace. Must circle swim if more than two persons in a lane.

**Dates:** 4 weeks, starting May 31

**Times:** Mon./Wed./Fri. 8:00 - 9:30 PM  
Tues./Thur. 8:45 - 9:45 PM

**Location:** Mark Twain Pool  
160 Woodlawn Avenue

**Fee:** \$54 Non-residents: \$79

## Aqua Zumba® and Cardio Aqua Fit

Integrating the Zumba® philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together for a great fun workout. Just add water! Cardio Aqua Fit is an energizing format designed for total body toning and cardiovascular fitness. Be prepared to workout! Water shoes highly recommended.

**Dates:** 4 Thursdays, starting June 1 and  
4 Mondays, starting June 5

**Time:** 8:00 - 8:45 PM

**Location:** Mark Twain Pool  
160 Woodlawn Avenue

**Fee:** \$109 Non-residents: \$134

## Deep H2O Aquacise

Enjoy fabulous exercise in deep water with emphasis on lower body. Buoyant/resistance equipment provided or bring your own! You must be comfortable in the deep end of the pool.

**Dates:** 4 Tuesdays, starting May 30 and  
4 Thursdays, starting June 1

**Time:** 8:00 - 8:45 PM

**Location:** Mark Twain Pool  
160 Woodlawn Avenue

**Fee:** \$109 Non-residents: \$134

## Low Impact Aquacise

Aquatic cardio and strength exercises with emphasis on minimal joint impact. Great class!

**Dates:** 4 Saturdays ONLY, starting June 3

**Time:** 9:15 - 10:15 AM

**Location:** Mark Twain Pool  
160 Woodlawn Avenue

**Fee:** \$54 Non-residents: \$79

## Senior Aquacise

Low impact aquacise for the young at heart. Water truly heals the body and soul! Age: 55+

**Dates:** 4 Saturdays, starting June 3

**Time:** 9:15 - 10:15 AM

**Location:** Mark Twain Pool  
160 Woodlawn Avenue

**Fee:** \$38 Non-residents: \$63



# AQUATICS

## Starfish Swim/Stroke School® for Teens (Ages 12 -17)

This course is designed to improve comfort and skill in the water, regardless of past swimming experience. Students work toward developing the five basic core swimming competencies using principles of adult learning.

**Days:** 4 Thursdays, starting June 1 and  
4 Mondays, starting June 5

**Time:** 7:05 - 7:50 PM

**Location:** Mark Twain Pool  
160 Woodlawn Avenue

**Fee:** \$109 Non-residents: \$134

## Starfish Swim School® for Adults (Ages 18+)

This course is designed to improve comfort and skill in the water, regardless of past swimming experience. Students work toward developing the five basic core swimming competencies using principles of adult learning.

**Dates:** 4 Tuesdays, starting May 30 and  
4 Thursdays, starting June 1

**Time:** 8:00 - 8:45 PM

**Location:** Mark Twain Pool  
160 Woodlawn Avenue

**Fee:** \$109 Non-residents: \$134

## Starfish Stroke School® for Adults (Ages 18+)

Students refine freestyle and learn stroke technique for butterfly, backstroke, breaststroke, and develop endurance.

**Dates:** 4 Wednesdays, starting May 31 and  
4 Mondays, starting June 5

**Time:** 8:00 - 8:45 PM

**Location:** Mark Twain Pool  
160 Woodlawn Avenue

**Fee:** \$109 Non-residents: \$134

## Synchronized Swimming (Ages 9+)

Special permission required for younger swimmers. Synchronized Swimming helps intermediate and advanced swimmers alike improve their swim skills, flexibility, strength and endurance. Skills taught in the class help novice swimmers develop greater comfort, ease and confidence in the water. Advanced swimmers develop greater body awareness, core control, and an improved "Feel for the water." **PRE-REQUISITE:** ability to swim 15 yards; comfort in deep water and underwater.

**Dates:** 4 Mondays, starting June 5

**Time:** 6:00 - 7:30 PM

**Location:** Mark Twain Pool  
160 Woodlawn Avenue

**Fee:** \$62.50 Non-residents: \$93

## Yonkers Masters Swim Club (Ages 18+)

Enjoy friendship and camaraderie as you improve your technique, stroke and conditioning through organized workouts; geared for the fitness swimmer to the serious competitor. Registered United States Masters Swim Team; member LMSC. For more detailed information, visit [www.yonkersmasters.com](http://www.yonkersmasters.com).

**Dates:** Year-round program  
4 week sessions starting May 30

**Times:** Tues./Thur. 8:00 - 9:30 PM  
Saturday 11:00 am - 12:30 PM

**Location:** Mark Twain Pool  
160 Woodlawn Avenue

**Fee:** \$54 Non-residents: \$79



# AQUATICS

## Yonkers Condors Tsunami Swim Team

Yonkers Tsunami Competitive Swim Team has joined forces with the Westchester Condors to become part of USA Swimming year round. For more details and registration information, please visit [www.condorsswimming.com](http://www.condorsswimming.com).

## STARGUARD™ Lifeguard Training

Starfish Aquatic Institute (SAI) participants must successfully complete lifeguard training, first aid, AED, and CPR, STARGUARD™. Certification is equivalent to lifeguard certification from American Red Cross, YMCA, Ellis & Associates, and NASCO.

Must be 16 years old by completion of course. Please register online at <https://register.communitypass.net/yonkers> for upcoming course information.



# EDWARD J. MURRAY MEMORIAL SKATING CENTER

(914) 377-6469 • 348 Tuckahoe Road • Yonkers, NY 10710



## Ice Skating

September through April. Ice Skating and Ice Hockey Programs for all ages and skill levels. Registration begins in July 2017. The 2017-2018 season begins early September 2017.

## Public Roller Skating

Tuesday - Fridays in June 9:30 AM - 12:30 PM  
General Admission \$6.00  
June 2 – Aug. 31, 2017  
Also Fridays 7:00 – 10:00 AM  
Skate Rental \$4.00. Birthday parties welcome!

## Roller Skating Outings

June through August - Arrange a roller skating outing for your group or organization. Birthday parties welcome! Skate rentals available.

## Floor and Roller Hockey

Full teams or individual players may join our Adult and Youth Floor Hockey or Roller Hockey Leagues. Please call for more information.

## Skate Park

Skateboarders welcome! Please visit Yonkers one and only skate park. The park is located adjacent to the entrance of E.J. Murray Memorial Skating Center. Opened every day from 8 AM to Dusk; weather permitting. For more information, please call 377-6469.

## Rock 'n Rods Car Cruise

Begins Wednesday, in May. Join us every Wednesday from 6:00 - 9:00 PM. View the hottest vintage cars and street rods in Westchester.

## "Once Upon a Time" Dark to Light Annual Ice Skating Show

**Free Admission**

Friday, April 28 and Saturday, April 29, 7:00 PM

Sunday, April 30, 3:00 PM



# PROJECT FRIENDSHIP

*Project Friendship is a group-oriented program for people with developmental disabilities. Please note that all participants must be interviewed and provide all the necessary paperwork required before being accepted into the program. For more information, please call 377-6438.*

## CREATIVE CRAFTS

Participants learn about self-expression and creative arts during the fun-filled hour. Activities include: painting, crafts and sculpting.

**Age:** Children and Pre-teens

**Day:** Program meets twice a month on Saturdays.

**Time:** 1:00 – 2:00 PM

**Location:** Coyne Park Community Center  
777 McLean Avenue

## BOWLING

Our bowling league provides staffing for supervision and assistance with score keeping. Bumpers are available.

**Age:** Children and Pre-teens  
\$7.50 per 2 games.

**Day:** Thursdays

**Time:** 4:30 – 6:00 PM

**Age:** Adults  
\$8.00 per 2 games.

**Day:** Fridays

**Time:** 3:30 – 5:30 PM

**Location:** Paradise Lanes  
790 Yonkers Avenue

## DANCE THERAPY

This fabulous program promotes self-esteem, morale and worth for all who attend. This motivational program will benefit all that attend.

**Age:** Children and Pre-teens

**Day:** Program meets twice a month on Fridays.

**Time:** 7:00 – 8:00 PM

**Location:** Coyne Park Community Center  
777 McLean Avenue

## DELIGHTFUL DINING

Enjoy a wonderful hour of simple but delicious food and etiquette. This will definitely be a program all will enjoy.

**Age:** Children and Pre-teens

**Date:** Program meets twice a month on Saturdays.

**Time:** 3:00 – 4:00 PM

**Location:** Coyne Park Community Center  
777 McLean Avenue

## FUN & FITNESS

Participants will exercise and do a music and movement class all within an exciting hour.

**Age:** Children and Pre-teens

**Day:** Program meets twice a month on Saturdays.

**Time:** 2:00 – 3:00 PM

**Location:** Coyne Park Community Center  
777 McLean Avenue

## HERO TENNIS

This program is designed to promote a participant's coordination and agility skills.

**Age:** Children, Pre-teens, Teens and Adults

**Days:** Program meets weekly on Saturdays.

**Time:** 11:00 – 12:00 PM

**Location:** Yonkers Montessori Academy Gym  
160 Woodlawn Avenue

## MUSIC THERAPY

Participants will use music to explore and improve physical, psychological, cognitive and social functioning

**Age:** Children and Pre-teens Program meets twice a month on Saturdays.

**Time:** 2:00 – 3:00 PM

**Location:** Coyne Park Community Center  
777 McLean Avenue

## PET THERAPY

This unique program uses a trained animal to achieve specific physical, social, cognitive and emotional goals with participants.

**Age:** Children and Pre-teens

**Day:** Program meets twice a month on Fridays.

**Time:** 6:30 – 7:00 PM

**Location:** Coyne Park Community Center  
777 McLean Avenue

## SPECIAL OLYMPICS

Supervised sports instruction will be offered to participants who meet eligibility requirements for the Westchester/Putnam Special Olympics. The program is offered to teens and adults during the months of October through mid-May.

**Age:** Teens and Adults

**Day:** Saturdays

**Time:** 9:00 – 11:00 AM

**Location:** Yonkers Montessori Academy Gym  
160 Woodlawn Avenue

## STORYTELLING

Join us as we read our all-time favorite stories! Parents and participants are encouraged to bring in stories as well!

**Age:** Children and Pre-teens

**Day:** Saturdays

**Time:** 12:30 – 1:00 PM

**Location:** Coyne Park Community Center  
777 McLean Avenue

## TEEN FUN CLUB

Participants will have an opportunity to socialize and make new friends. Activities will include: exercise, sing a longs, community outreach and movies.

**Age:** Teens (13 – 22)

**Day:** Program meets twice a month on Saturdays

**Time:** 7:00 – 8:00 PM

**Location:** Coyne Park Community Center  
777 McLean Avenue

## THEATRE WORKSHOP

Learn the wonderful craft of drama, self-expression and miming.

**Age:** Children and Teens

**Day:** Program meets twice a month on Saturdays

**Time:** 1:00 – 2:00 PM

**Location:** Coyne Park Community Center  
777 McLean Avenue

## YOGA

The program enhances strength, breathing and balance. Each participant will learn breathing exercise techniques in a recreational environment.

**Age:** Children and Pre-teens

**Day:** Program meets twice a month on Fridays

**Time:** 6:00 – 7:00 PM

**Location:** Coyne Park Community Center  
777 McLean Avenue

## YOUNG ADULTS CLUB

A social program for developmentally disabled teens through adult years. Activities include: going to the movies, dine-outs, dance therapy, exercise, entertainment, art, dancing and much more.

**Age:** Teens and Adults

**Day:** Thursdays

**Time:** 7:00 – 9:00 PM

**Location:** Coyne Park Community Center  
777 McLean Avenue

*A multitude of special event activities will be planned throughout the year. For additional information please call 377-6438.*



# SENIOR CITIZEN RECREATION

The Yonkers Senior Centers are located throughout the city. Senior Citizen Recreation is free for all Yonkers residents 60 years+ and \$25 per year for non-residents. Each Senior Center is completely different. When visiting a Senior Center ask to see the Leader. The Specialist Programs are free recreation classes including fitness and artistic classes. This program is open to residents 60 years+.

**Registration now required. Please register on your first day of attendance and don't forget to sign in every time you come to class.**

For more information on our senior programs, classes, and events call 377-6443

## SENIOR GROUP #2

### Grinton I. Will Library - Senator Flynn Room

1500 Central Park Avenue

**Phone:** 337-1500, press 1 then 348

Monday – Friday 12:30 – 4:30 PM

This site is in a small room which allows for a coffee hour and card playing.

## SENIOR GROUP #3

### Coyne Park Community Center – 777 McLean Avenue

**Phone:** 377-6472

Monday – Friday 12:00 – 4:00 PM

This is a multi-room site which allows for many different activities: billiards, bingo, sing-along, sewing and crafts, card playing, movies, exercise, yoga, line dancing, shuffleboard, bocce, intergenerational program, and a coffee hour. This center has a committee that arranges trips as well as many parties.

## SENIOR GROUP #4

### Charles Cola Community Center – 945 North Broadway

**Phone:** 377-6483

Mondays, Wednesdays, and Fridays 12:30 – 4:30 PM

This site offers arts and crafts, bridge, bingo, card playing, drawing, woodcarving, and many parties.

## SENIOR GROUP #5

### Rauso Post – 178 Waverly Street

**Phone:** 377-6474

Tuesdays 11:00 AM – 3:00 PM

This site offers bingo and card playing as well as a drawing and sketching class.

**English/Spanish programs offered. Se habla Español.**

## SENIOR GROUP #6

### Bryn Mawr Church Hall – 20 Buckingham Road

**Phone:** 377-6478

Mondays and Wednesdays 12:00 – 4:30 PM

This site offers bingo and card playing and many in house parties.

## SENIOR GROUP #7

### St. Mark's Hall – 1373 Nepperhan Avenue

**Phone:** 377-6479

Tuesdays and Fridays 11:30 AM – 4:30 PM

This site offers bingo, card playing, watercolor painting classes, and many in house parties.

## SENIOR GROUP #8

### Runyon House – 21 Runyon Avenue

**Phone:** 969-2733

Wednesdays 10:30 AM – 4:30 PM

This site offers card playing, tripoly, exercise, bingo, and great parties.

## SENIOR GROUP #9

### Terrace City Lodge #1499 – 95 North Broadway

**Phone:** 969-9752

Wednesdays 11:00 AM – 3:00 PM

This site offers bingo and lunch.

## SENIOR GROUP #10

### Bronx River Road Community Center – 680 Bronx River Road

Mondays – Wednesday and Fridays 11:30 AM – 3:30 PM

**Phone:** 377-6486

This site offers bingo, card playing, exercise, arts and crafts and parties.

\*Lunch program available through Office for the Aging, call 377-6822.

## SENIOR GROUP #12

### Nodine Community Center – 140 Fillmore Street

**Phone:** 377-6475

Mondays – Fridays 12:00 – 4:00 PM

This is a multi-room site which offers: billiards, bingo, card playing, tai chi, exercise, yoga, line dancing, watercolor, bocce, AARP courses, and a coffee hour.

## SENIOR GROUP #14

### North East Jewish Center Hall – 11 Salisbury Road

**Phone:** 377-6491

Thursdays 12:30 – 4:30 PM

This site offers mahjong and has monthly meetings. They also enjoy going to luncheons.

## SENIOR GROUP #15

### Nepperhan Community Center – 342 Warburton Avenue

**Phone:** 965-0203

Tuesdays and Thursdays 12:30 – 4:30 PM

This site offers pokeno and tripoly, has exercise and crafts.

\*Lunch program available through Office for the Aging, call 377-6822.

## SENIOR GROUP #16

### Crestwood Library – 16 Thompson Street

**Phone:** 779-3774

Mondays and Tuesdays 12:00 – 4:00 PM

This site offers mahjon and other games.

They also have drawing/sketching on Tuesdays.



# SENIOR CITIZEN RECREATION



## LET'S GET FIT!

Registration is free! Please register in person on the first day of the class. We reserve the right to cancel any class due to lack of enrollment. Inclement weather? Call the hotline (914) 377-6454 one hour prior to the scheduled class or center opening. For more information on Senior Programs please call (914) 377-6443.

## MONDAYS

### SILVER STARS WALKING AND EXERCISE

**10:00 - 11:00 AM**, March 20 - July 3

**Tibbetts Brook Park** - Meet in Gazebo closest to the entrance parking lot. The program combines walking, exercise and socializing for one hour. Walk at your own pace with the group and make some new friends!

## TUESDAYS

### EXERCISE

**1:00 - 2:00 PM**, April 4, 11, 18, 25, May 2, 9, 16  
Nepperhan Community Center  
342 Warburton Avenue

### YOGA

**1:00 - 2:00 PM**, April 4, 18, 25, May 2, 9, 16, 23, 30  
Make-up date June 13  
**Nodine Hill Community Center**  
140 Fillmore Street

### SENIOR BUDDIES

**11:00 - 12:00 PM**  
Intergenerational Fun!  
**Coyne Park Community Center**  
777 McLean Avenue  
Along with PS 21, runs through the school year.

### SING-A-LONG.

**2:30 - 3:30 PM**, Year-Round  
**Coyne Park Community Center**  
777 McLean Avenue

## WEDNESDAYS

### STRENGTH, FLEXIBILITY & TAI CHI

**11:00 AM - 12:00 PM**, April 5, 12, 19, 26, May 3, 10, 17, 24  
**Nodine Hill Community Center**  
140 Fillmore Street

### EXERCISE

**12:30 - 1:30 PM**, April 2, 12, 19, 26, May 3, 10, 17, 24, 31  
June 7, 14  
**Coyne Park Community Center**  
777 McLean Avenue

### EXERCISE

**12:00 - 1:00 PM**, April 2, 12, 19, 26, May 3, 10, 17, 24  
**Runyon House Community Center**  
21 Runyon Avenue

## THURSDAYS

### YOGA

**12:00 - 1:00 PM**, April 6, 27, May 4, 11, 18, 25, June 1, 15  
**Coyne Park Community Center**  
777 McLean Avenue

## FRIDAYS

### STRENGTH, FLEXIBILITY & BALANCE

**12:45 - 1:45 PM**, April 7, 14, 21, 28, May 5, 12, 19, 26  
**Bronx River Community Center**  
680 Bronx River Road

### EXERCISE

**12:30 - 1:30 PM**, April 7, 14, 21, 28, May 5, 12, 19, 26,  
June 2, 9, 16, 23, 30, July 7, 14, 21, 28, August 4  
**Coyne Park Community Center**  
777 McLean Avenue

### BUSY HANDS

Crochet & Knitting, Year-Round  
**12:00 - 4:00 PM**  
**Coyne Park Community Center**  
777 McLean Avenue



# SENIOR CITIZEN RECREATION

## LINE DANCING

### **Instructor: Diane Capurso**

Registration is free! Please register in person on the first day of the class. We reserve the right to cancel any class due to lack of enrollment. Inclement weather? Call the hotline 377-6454 one hour prior to the scheduled class or center opening. For more information on Senior Programs, please call 377-6443.

### **MONDAYS**

#### **Coyne Park Community Center**

777 McLean Avenue

#### **Beginners Plus**

12:30 - 1:15 PM

#### **Intermediate Improvers**

1:15 - 2:00 pm

**Dates:** April 17, 24  
May 8, 15  
June 12, 19

#### **Charles A. Cola Community Center**

945 North Broadway

#### **Beginners Plus**

12:30 - 1:15 PM

#### **Intermediate Improvers**

1:15 - 2:00 PM

1st Monday of the Month  
April 3, May 1 and June 5

### **THURSDAYS**

#### **Charles A. Cola Community Center**

945 North Broadway

#### **Beginners Plus**

12:30 - 1:15 PM

#### **Intermediate Improvers**

1:15 – 2:00 PM

**Dates:** April 20, May 18  
and June 15

### **FRIDAYS**

#### **Nodine Hill Community Center**

140 Fillmore Street

#### **Advanced**

12:30 - 1:45 PM

**Dates:** April 7, 21, 28  
May 5, 12, 19

### **COYNE PARK DANCERS**

#### **Volunteer Instructor: Barbara**

This group meets year round on Fridays at 1:30 PM at Coyne Park Community Center. Some dance experience is preferred. Dancers who enjoy performing are encouraged to join!





# SENIOR CITIZEN RECREATION

## ARTS AND CRAFTS

Enjoy a series of Arts and Crafts classes with **Instructor Joanna Cardilli!** Participants will enjoy creating seasonal crafts projects for the home and personal use. Enjoy classes at these four locations; each session is five classes:

### **Charles A. Cola Center**

945 North Broadway  
Mondays 1:30 – 3:30 PM  
April 3, 10, 17, 24, May 1

### **Coyne Park Community Center**

777 McLean Avenue  
Tuesdays 1:30 – 3:30 PM  
April 4, 11, 18, 25, May 2

### **Runyon Heights Community Center**

21 Runyon Avenue  
Wednesdays 1:30 – 3:30 PM  
April 5, 12, 19, 26, May 3

### **Nepperhan Community Center**

342 Warburton Avenue  
Thursdays 1:30 – 3:30 PM  
April 27, May 4, 11, 18, 25

### **Nodine Hill Community Center**

140 Fillmore Street  
Fridays 1:30 – 3:30 PM  
April 7, 14, 21, 28, May 5

### **Bryn Mawr Church Hall**

20 Buckingham Road  
Mondays 1:30 – 3:30 PM  
May 8, 15, 22, June 5, 12

### **Bronx River Road Community Center**

680 Bronx River Road  
Wednesdays 1:30 – 3:30 PM  
May 10, 17, 24, 31, June 7

## WATERCOLOR PAINTING

Enjoy two classes of Water Color Painting with **Instructor Michael Cuomo!** In these classes participants apply their drawing and sketching experience from prior classes and create their own water color paintings:

### **Nodine Hill Community Center**

140 Fillmore Street  
Wednesdays 12:30 – 2:30 PM  
April 5, 12, 19, 26, May 3, 1

### **St. Mark's Hall**

1373 Nepperhan Avenue  
Fridays 12:30 – 2:30 PM  
April 7, 14, 21, 28, May 5, 12, 19

## DRAWING AND SKETCHING

Create some great pieces of art work to share with family and friends with **Instructor Michael Cuomo.**

### **Scotti Community Center**

680 Bronx River Road  
Mondays 12:30 – 2:30 PM  
Trial Dates: April 3, 10, 17, 24, May 1, 8, 15, 22, June 6

### **Crestwood Library**

16 Thompson Street  
Tuesdays 12:30 – 2:30 PM  
April 4, 11, 18, 25

### **Nepperhan Community Center**

342 Warburton Avenue  
Thursdays 11:30 AM – 1:30 PM  
April 27, May 4, 11, 18



# SENIOR CITIZEN RECREATION



Bingo is held at the various senior centers and open year round to Yonkers Residents 60+ years. Bingo schedule subject to change. Please call ahead center to confirm schedule.

## MONDAY

### Charles A. Cola Community Center

945 North Broadway  
2:00 PM  
377-6483

## TUESDAY

### St. Mark's Episcopal Church Hall

1373 Nepperhan Avenue  
1:00 PM  
377-6479

### Bronx River Road Community Center

680 Bronx River Road  
1:00 PM  
377-6486

### Coyne Park Community Center

777 McLean Avenue  
1:00 PM  
377-6472

## WEDNESDAY

### Terrace City Lodge #1499

95 North Broadway  
11:00 AM  
969-9752

### Runyon Community House

21 Runyon Avenue  
1:00 PM  
969-2733  
*[once a month usually the 3rd Wednesday of the month]*

### Nodine Hill Community Center

140 Fillmore Street  
12:00 PM Hot dogs, 1:00 PM Bingo  
377-6475  
*[Big Holiday Bingo held the last Wednesday of the month]*

### Bryn Mawr Church Hall

20 Buckingham Road  
12:30 PM  
377-6478

## THURSDAY

### Coyne Park Community Center

777 McLean Avenue  
1:00 PM  
377-6472  
*[once a month usually the 3rd Thursday of the Month is the Big Bingo Bonanza.]*

## FRIDAY

### Bronx River Road Community Center

680 Bronx River Road  
1:00 PM  
377-6486

*There is also bingo before the 12:00 noon lunch program at Senior Center 10, Bronx River Road Community Center, 680 Bronx River Road. This program is conducted by Yonkers Office for the Aging on Mondays, Tuesdays, Wednesdays, Fridays and Sundays. For questions regarding this program please call 377-6822.*



## **Annual Senior Spring Dance**

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Thursday, April 20, 2017

11:30 am - 3:30 pm

Free Admission

Castle Royale

92 Waverly Street

Theme: An Afternoon in Old Havana

Food, Music, Prizes, and Fun



## **Annual Senior Picnic**

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Thursday, June 8, 2017

11:00 - 3:00 pm

Free Admission

E.J. Murray's Memorial Skating Center

348 Tuckahoe Road

Theme: Cruise Party

Oldies Music & Dancing

Hotdogs, Hamburgers & Fruit

Enjoy a great BBQ and afternoon full of dancing.



# COYNE PARK RIFLE & PISTOL RANGE

**771 McLean Avenue  
Yonkers, NY 10704  
(914) 377-6488  
[www.coyneparkrange.net](http://www.coyneparkrange.net)**

The Coyne Park Range is an indoor shooting range conveniently located in southeast Yonkers. A public range welcome to all recreational shooters and law enforcement personnel. If you haven't yet taken the initial step, come join us, and see what you've been missing. Our range accommodates all handgun calibers, as well as .22 caliber rifles, and carbine rifles chambered for standard handgun ammunition (no magnum rounds permitted for any firearms at this time).

## Hours of Operation

**Mondays, Wednesdays, Thursdays: 5:00 - 10:00 pm  
Fridays: 10:00 am - 10:00 pm  
Saturdays & Sundays: 12:00 - 6:00 pm  
Closed on Tuesdays**

## Fees

Rifle Rental Package – \$58 per person  
Includes: 100 rounds of ammunition, instruction, eye and ear protection and one hour admission.

## Daily Rate

Residents and Non-residents – \$20 per hour  
12 Month Membership: Residents \$275 – Non-residents \$300  
6 Month Memberships Residents \$165 – Non-residents \$180

## Pistol Safety Course Special

Fee: \$125 – Residents and Non-residents.  
If you complete this course you receive a discount on your range

## Membership

Only \$140 for Yonkers Residents – \$150 for Non-residents.  
You must visit the Range within 30 days after receiving your permit in order to receive the discount.  
This is a "one-time" offer. You will pay the regular Range membership fee when you renew.  
Please call (914) 377-6488 for class information

## NRA First Steps

Our National Rifle Association (NRA) First Steps Pistol and Rifle courses are for people who own a firearm. They are by appointment only and typically involve one-on-one instruction.







**1000 Ridge Hill Boulevard  
Yonkers, NY 10710  
(914) 377-6730**

## **Hours of Operation**

11:00 am to 4:00 pm  
Adoption fees: Cats \$65 • Dogs \$80

## **Interested in adopting?**

We are constantly in search of new homes for all of our wonderful pets, both cats and dogs. These animals are asking for a chance to show you their affection and love. If you are interested in a pet, please consider meeting our beautiful animals. A staff member is available to discuss our adoptable animals with you. Potential adopters are required to fill out our preadoption form, which can be done at the shelter.

## **Adoptions include:**

Spaying and neutering  
Distemper shot  
De-worming  
Rabies shot  
Dog License (***Yonkers residents only***)  
and a free examination with a participating veterinarian





**City of Yonkers**  
**Department of Parks, Recreation & Conservation**

285 Nepperhan Avenue Yonkers, New York 10701

[www.yonkersny.gov](http://www.yonkersny.gov)

[register.communitypass.net/yonkers](http://register.communitypass.net/yonkers)